

Stalking Behavior Checklist

The following questions focus on unwanted contact from your current/former partner during the last 6 months. For each question indicate how often your current/former partner engaged in each of these behaviors.

1 = never

4 = once or twice a week

2 = once a month or less

5 = three to six times a week

3 = two or three times a month

6 = once a day or more

- _____ 1. Broke into your home
- _____ 2. Violated a protection order
- _____ 3. Attempted to break into your car
- _____ 4. Threatened to cause you harm
- _____ 5. Injured / killed a pet
- _____ 6. Broke into your car
- _____ 7. Attempted to harm you
- _____ 8. Physically harmed you
- _____ 9. Attempted to break into your home
- _____ 10. Physically harmed himself
- _____ 11. Stole/read your mail
- _____ 12. Damaged the property of your new partner
- _____ 13. Threatened to harm himself
- _____ 14. Threatened violence to friends/family members
- _____ 15. Threatening family members/friends
- _____ 16. Electronic Stalking, i.e. computer, phone, electronic equipment
- _____ 17. Made calls to you at your home when you didn't want him to
- _____ 18. Came to your home when you didn't want him to
- _____ 19. Followed you
- _____ 20. Made hang-up telephone calls
- _____ 21. Sent you unwanted gifts
- _____ 22. Made calls to you at work when you didn't want him to
- _____ 23. Watched you
- _____ 24. Came to your workplace / school when you didn't want him to
- _____ 25. Left messages on your answering machine, voicemail, texts, email
- _____ 26. Sent photographs when you didn't want him to
- _____ 27. Made threats to your new partner
- _____ 28. Attempting to get you in trouble/fired from job by making false acquisitions
- _____ 29. Sent letters/gifts to you when you didn't want him to
- _____ 30. Harmed your new partners
- _____ 31. Attempting to have your children taken away from you by calling/contacting CPS and making false report
- _____ 32. Attempting to contact victim through friends/family members

Scoring Instructions

Two subscales can be created from the items.

The first subscale, items 1 – 16, assists in measuring the risks the victims might face from violent behaviors from their stalker.

The second subscale, items 17-32, assists in measuring the stalking/harassing behaviors the victims may be experiencing from their stalker.

Scores are obtained by calculating the mean of the items used to define each factor. Adding the item values and dividing that number by the number of items in each subscale. The higher the scores can assist in identifying higher safety & lethality risks for stalking victims.

It is critical to remember, that there is no sure way of identifying risks and lethality for victims of any crime. There are incidents where there are no warning signs at all. This scale should only be used as a tool, not as a definite way to identify or rule out any risks for victims. As you work with each victim, a safety plan should be devised as well.

(Adapted. 2008. Journal of Interpersonal Violence 1997)